



'WE'RE GOING TO MARS'

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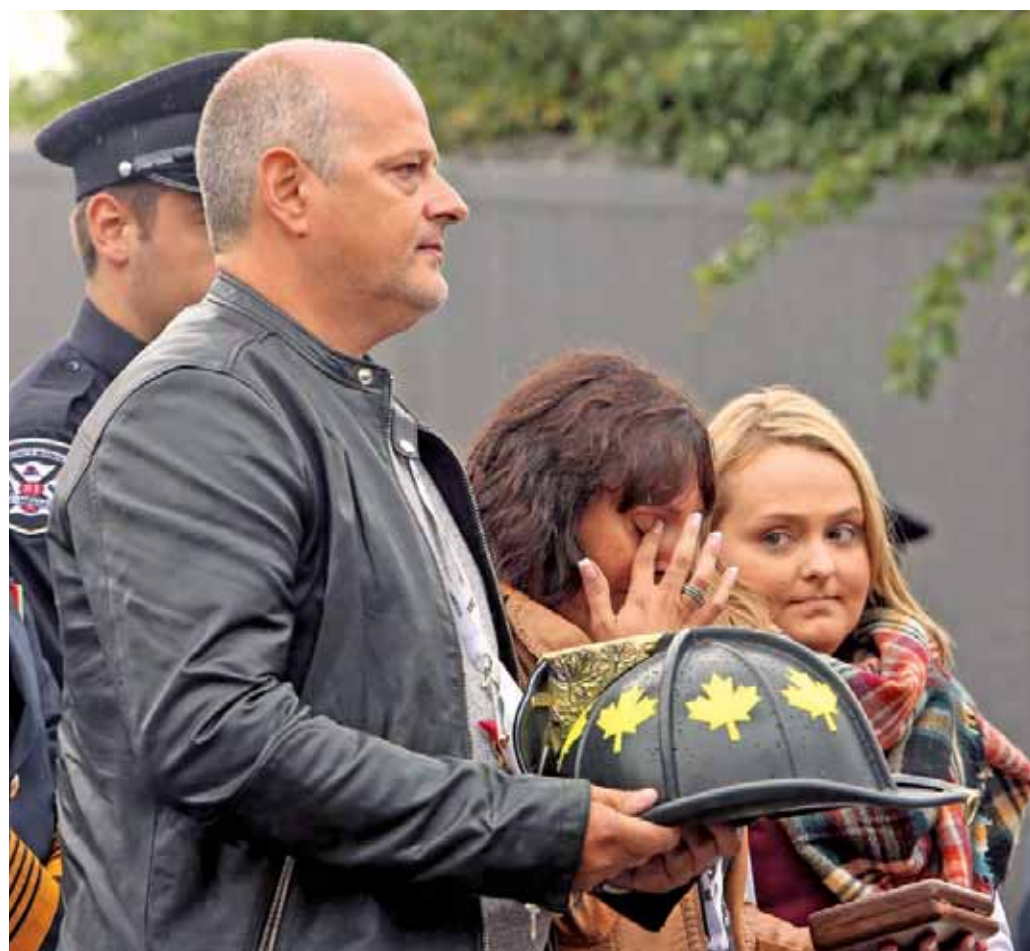
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Your essential daily news

MONDAY, SEPTEMBER 14, 2015

High 22°C/Low 12°C Showers



HONOURING THE FALLEN

**The Firefighters
Memorial service
recognizes those
lost to duty**

The family of Kaven Morin, who died in the Lac-Mégantic fire, are presented with a ceremonial helmet on Sunday. From left are Serge Morin, father, mother Nancy Ducharme and sister Kathleen. FRED CHARTRAND/THE CANADIAN PRESS

Families learn about refugee sponsorship

metr The Syrian Crisis

Lawyer informed audience about group options



Haley Ritchie
Metro | Ottawa

The refugee crisis in Syria has finally hit home for many families in Canada looking to sponsor men, women, and children desperately fleeing the war-torn country.

On Sunday afternoon immigration lawyer Jamie Liew gave a seminar at the St. Anthony Soccer Club in Little Italy on how to help refugees so families in Ottawa wouldn't feel helpless.

Liew informed the group of about 60 people on the rarely used "group of five" or G5 sponsorship process, where individuals can support a family with their own funds.

She explained it as a way for more refugees to come to Canada without using taxpayer dollars to support them.

Instead, the group commits to support a refugee in the long process to come to the country — everything from covering rent money for a year to helping them find the nearest grocery store or navigating OC Transpo.

"We will need money, we will need people to pick people up from the airport, we will need fundraisers, we will need things like translation services. There's no end to the kind of tasks and volunteers that are needed," said Liew,

who is a law professor at the University of Ottawa.

Being part of a G5 is a huge commitment with a long timeline, but Val and Wayne Van Sickle, both Ottawa teachers, raised their hands right away when Liew asked who was ready to commit.

"This is a commitment we could make as a couple and as a family," said Val. "It was a priority for us."

"We're fortunate that we're in a position where we can do this," her husband agreed.

"I think it was that photograph," he said, referring to the photo of Alan Kurdi, the three-year-old who was found washed up on a Turkish beach after his family tried to flee Syria.

"When I saw it, we'd just had a baby. I was emotionally struck by it. I couldn't imagine it," he said.

The Van Sicks weren't the only parents in the crowd — many children the same age as Alan Kurdi occasionally interrupted the presentation, including Liew's son.

"My son is 3. He looks similar, with dark hair and everything," she said.

After the photo made waves, Liew's husband suggested adopting a child from Syria, but she realized a group of five might be a better fit.

Sunday's packed room proved she isn't the only one thinking about it. She said the response has been huge, from people coming forward to form groups to financial pledges.

"I've watched other people do it for years, but this is my first foray into it. It's wonderful to see people engaged," said Liew.

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Police investigate video of man threatening Uber driver

RIDE-SHARING

Situation escalates into physical altercation



Haley Ritchie
Metro | Ottawa

Ottawa police are now looking into another video of a man, believed to be a taxi driver, berating an Uber driver.

On Saturday, a video was uploaded to YouTube showing the man berating the driver and passenger in front of the Fairmont Chateau Laurier.

"You think I'm joking? If I see you again, you're dead meat. Go follow the law and get a real job," says the unidentified man.

The situation escalates into swearing and physical confrontation. The driver of the car threatens to call the police, and eventually a female bystander pushes the man away from the car.

Police Chief Charles Bordeleau said Sunday in a tweet that police had opened a file after they were made aware of the incident.

Mayor Jim Watson also con-



**You think I'm joking?
If I see you again
you're dead meat.**

Clip from video

demned the video on Twitter, saying, "That's why we have fast-tracked taxi bylaw review. These cabbies are hurting the reputation of all by their bullying."

The video is being shared widely on social media and has received nearly 300,000 views.

Many taxi drivers have been upset with ride-sharing app Uber since the company expanded to Ottawa. Uber is technically illegal, but Ottawa city council has committed to speed up its review of the taxi bylaw before the end of the year.

In another incident, separate from the Uber controversy, three taxi drivers were charged on Friday after smashing in the windows of a Blueline cab during a protest on on the Airport Parkway. Airport Taxi YOW drivers have been on strike since August, rallying against an increase in fees for picking up passengers at the airport.

Tensions have been high between striking Airport taxis and other taxi drivers, including Blueline cabbies, who have been ignoring the strike, paying the \$4.50 fee and picking up passengers from the airport.

Last Tuesday, three men were caught on video smashing in the windows of a Blueline cab driving through the protest. Ottawa police say at least two cabs were damaged in that incident.

Jalal Madi, 21, Abdulrazzak Madi, 60, and Ali Abdulla Monahi, 54 were charged Friday with mischief over \$5,000 and possession of dangerous weapons.



An unidentified man threatens an Uber driver and passenger outside the Chateau Laurier in a video uploaded to YouTube this weekend. YOUTUBE

OTTAWA SCHOOLS

Teacher talks break down

While high schools in Ottawa will be operating as usual this month, elementary school teachers are edging closer to a walkout.

Talks between the elementary teachers' union, government and Ontario school boards have broken off with no new bargaining dates scheduled, Education Minister Liz Sandals said in a statement right before the weekend.

That news means no field trips and no meet-the-teacher nights at Ottawa's elementary schools will continue.

Sam Hammond, president of the Elementary Teachers' Federation of Ontario, said the union was "absolutely shocked" after a mediator said the government and the school boards were done bargaining.

The government has said all deals with teacher unions must be "net zero" — meaning any extra costs have to be offset by savings elsewhere. The union, meanwhile, wants changes to pay and status quo on class size and parental leave.

Ontario high school teachers and English Catholic teachers have already reached tentative deals. French teachers continue to bargain, but will also be taking part in work-to-rule campaigns.

HALEY RITCHIE/METRO
WITH FILES FROM TORSTAR NEWS SERVICE

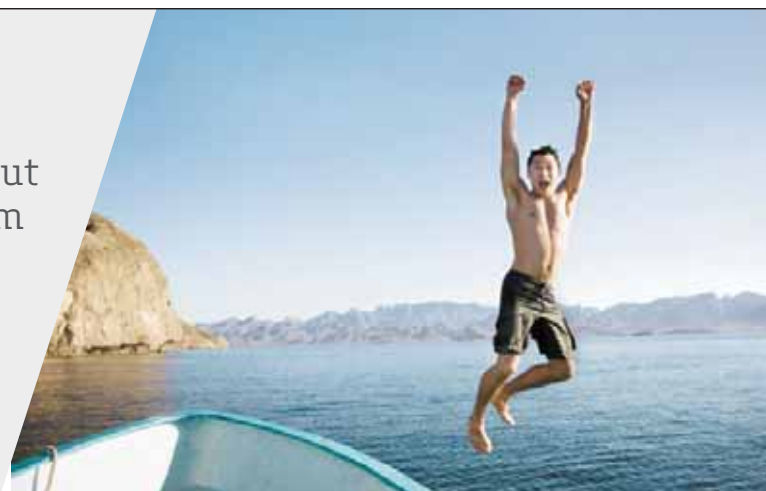
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ELECTION 2015 RIDING PROFILE: KANATA-CARLETON

Liberal McCrimmon touts plan, people



Michael Woods
Metro | Ottawa

Karen McCrimmon was a trailblazer in the Canadian military, but she now says that career was preparing her for something else.

McCrimmon, a retired lieutenant colonel, spent three decades in the military and was the first woman to command a Canadian Forces flying squadron.

"I sometimes think that my 31 years in the military was preparing me to do this job. I really do," she said. "I look back on some of my experience and think 'Oh, that's why I had to learn that.'"

After retiring and starting her own mediation business, McCrimmon turned to politics. She ran for the Liberals in 2011, winning 24 per cent of the vote compared to Conservative incumbent Gordon O'Connor's 57 per cent in Carleton-Mississippi Mills.

She also ran for the Liberal leadership in 2013, an experience she said



Karen McCrimmon talks to the federal Liberal showcase at the Metro Toronto Convention Centre in April 2013. The candidate for Kanata-Carleton is hoping for success the second time around. DAVID COOPER/TORSTAR NEWS SERVICE

galvanized her in her efforts to become a member of Parliament.

This time, O'Connor isn't running again, and McCrimmon hopes to convince voters in the new riding of Ka-

nata-Carleton to give the Liberal Party a fresh look.

"In my riding there wasn't much of a Liberal foundation," she said. "We've been building that foundation for five

+ THE SERIES

This week, Metro takes a look at the candidates in Kanata-Carleton. It's the fifth in our series of profiles. Next week, we look at candidates in Nepean.

years now, and it's paying off." Her pitch to voters — that the Liberal Party has a plan for job creation and the team to pull it off — has been "a fairly easy sell," she said, even though more than 50 per cent of the new riding's electors voted Conservative last time around.

"There are a lot of unhappy progressive conservatives. They are truly disappointed and heartbroken at what this government has done," she said.

McCrimmon said she wants to do more to aid the two prominent sectors in the riding: high tech and agriculture.

She also pledges to hold town hall meetings and round tables with constituents if elected, and be a presence in the riding — something she says has been lacking.

Conservative Pamic believes in business

Two decades after starting his own electrical contracting firm, Walter Pamic wants to advocate for other small business owners in the House of Commons.

"I have a huge part of my life and my heart that's dedicated to the men and the women of this country that are in private enterprise," said the Conservative candidate in Kanata-Carleton.

Pamic, who won the party nomination in June, succeeding longtime MP Gordon O'Connor, is a first-time candidate who has lived in Kanata for nearly 30 years.

His parents came to Canada as refugees in the 1940s from then-Yugoslavia in the Second World War with "one suitcase, no money and they didn't speak any English."

Pamic said that gives him a firsthand understanding of "the Canadian dream" and what's required to achieve it.

Pamic co-founded Power-Tek Electrical Services 19 years ago; it now has 60 employees and has employed at least 300 people over the years, he said.

"I've had to deal with the taxation, regulation, red tape, the burden that's put on us, and I want to make it easier to do business, not harder," he said, adding that those restrictions are mostly provincial.

He cites the Conservatives' proposal for a permanent home tax credit as a business-friendly policy, arguing it will be a "boon" for home renovation companies.

Pamic also cites his roots in the community. He volunteers with a number of local organizations, has coached various sports teams and chairs a provincial construction association. MICHAEL WOODS/METRO



Walter Pamic

NDP's Hansen sees momentum

This election is John Hansen's first time running for member of Parliament, but he has some practice — he ran for the provincial NDP last year.

"It was a longshot," he said of his candidacy in Carleton-Mississippi Mills, when he finished third with 14 per cent of the vote. "I had this campaign in mind. It taught me a lot about how to run."

Hansen, a 35-year veteran of the high tech sector, is hoping to improve on the NDP's performance in

the 2011 federal election, when they finished third.

"We're running a full campaign this time, which we didn't do last time," he said. "Last time was a wave-the-flag campaign, and we still managed to get over 15 per cent of the vote and that's pretty good."

Hansen said he's been knocking on doors since March, and argues that much of the longtime Conservative support in the area is eroding.

"We're seeing a time that the

Conservatives, for whatever reason, are leaving their party," he said.

Hansen immigrated to Canada from Denmark when he was a child.

An electrical engineer by training, his career has focused on manage-



John Hansen

ment and design. He has also founded several start-ups.

He wants to champion the knowledge industry in the region; he cites the NDP's proposed innovation tax credit and pledge to reduce the small business tax rate as a solution that would help there.

He vows to "set a high-water mark for better representation," which would include regular town halls in the riding.

MICHAEL WOODS/METRO

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POLITICS

Five things to look for at city hall this week

1. Light rail safety

The City of Ottawa could shell out a half-million dollars for a groundbreaking new light rail safety and security plan.

Because Transport Canada regulates heavy rail and long-range passenger trains — and not municipal trains — the city has been working with the feds on a way to take the reins of its own rail security plan. The result: the first municipal light rail system to be federally regulated,

but under the city's umbrella.

The plan, which is up for discussion at the transit commission on Tuesday, will cost \$250,000 from the capital budget and another \$250,000 in the operating budget after the Confederation Line launches in 2018.

2. Transit deficit

Also at transit, there's a sizeable \$11.5-million deficit on the table.

Higher insurance claims, the costs of maintenance parts

and lower fare revenues are the reason for the red year-end projection, according to the mid-year budget report.

Also to blame: a mix of cold weather driving up the need for repairs and the warranty expiration on a number of articulated buses. Because of a lower-than-expected ridership, fare revenues came in at \$1.7 million below budget this year. Staffers are left scrambling to beef up the transit reserve fund and offset the deficit.

3. Library board

And more on deficits: the library board is expected to be \$1.63 million in the red by the end of the year.

It's largely due to a Pay Equity Tribunal decision earlier this year, which forced the Ottawa Public Library to increase wages and pay back employees retroactive to 2005. With spending and hiring freezes, the board can expect \$2.2 million in the reserve fund by December.

4. Social welfare

Ontario's bungled new social welfare software is costing the City of Ottawa about \$1.4 million this year. A glitch with the Social Assistance Management System (SAMS), which rolled out last November, had the province struggling to recover \$20 million in Ontario Works overpayments.

A lack of proper staff training is to blame, according to the Ministry of Community and Social Services.

5. OC Para Transpo

Do you ride Para Transpo? If so, OC Transpo wants to hear from you on its customer eligibility policies and booking methods.

There will be four sessions on Thursday, with the first one starting at 10:30 a.m. and the last at 6 p.m.

You will have to register ahead of time at 613-842-3636 ext. 2652 or consultations@ottawa.ca.

LUCY SCHOLEY/METRO

Geese police too expensive

PETRIE ISLAND

Ottawa can't afford to keep poop patrol tactics in place



Lucy Scholey
Metro | Ottawa

Thanks to dogs, drones and "egg addling," the City of Ottawa is finally controlling Petrie Island's pesky geese. The only problem: the city is unable to afford more geese police action.

After the "Geese Management Strategy" launched on Petrie Island, the city's community and protective services committee asked staff to fix the problem at four goose-poop-filled parks along the Rideau River. The pilot project aimed to quell the highly populated, fiercely feathered animals (and their droppings).

The successful strategy involves a mix of dogs, drones and "egg addling" — sterilizing the eggs and then putting them back in the nest

without changing the scent or colour, so mother goose does not abandon the dead yolk and lay elsewhere.

But staff can't afford goose patrol on both Petrie Island and four parks along the Rideau River: Riverain, Bordeleau, Kingsview and King Edward. "Don't Feed the Wildlife" signs, shrub barriers and "dog hazing" at the parks would cost the city \$21,592 this fall.

Over the next two years, more dog hazing and egg management efforts would cost another \$47,817. The city is facing a \$41-million deficit by the end of the year. Of that, the public works department, which takes care of the geese problem, is saddled with a \$17.7-million deficit.

Staffers are looking at other funding streams to keep up the Petrie Island goose patrol and include the four additional parks.

Meanwhile, geese control firm Border Control Bird Dogs is providing weekly updates about Petrie Island, which will feed into a more comprehensive goose strategy. This update will be before the city's community and protective services committee on Thursday.



The City of Ottawa has been using a mix of dogs, drones and "egg addling" to quell its geese problem on Petrie Island.

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Mobile Klinik heads to Canada

PARTNERSHIP

Former Rogers, Wind executives start cellphone repair franchise



Joe Lofaro
Metro | Ottawa

A new high-tech franchise with backing from former Rogers and Wind executives is poised to shake up the cellphone-repair market in Canada, marking the official opening of its first retail location in Ottawa on Monday.

Former Wind Mobile CEO Ken Campbell and former head of Rogers Communications' wireless and cable divisions Rob Bruce brought the Paris-based Point Service Mobile (PSM) chain to Canada under a new franchise agreement.

The former rivals teamed up as investors in the Canadian

franchise, known as Mobile Klinik.

The stores offer repairs for cellphones in under 60 minutes, for everything from cracked screens to water damage, along with a 12-month warranty.

The Ottawa technicians finished training in France last month before the soft launch in the St. Laurent shopping centre last week.

Mayor Jim Watson and other business leaders will celebrate the official opening on Monday.

There's no shortage of cellphone-repair shops in Ottawa, but the minds behind this new business are aiming to lure customers away from mom-and-pop shops to a recognizable brand. They also, like in the case of France's PSM, aim to partner with manufacturers like Samsung to offer official cellphone parts for repairs.

Youseff Botros, a former Wind employee, is the general manager of the first Mobile Klinik store. He said Ottawa was a calculated move to test

+ BACKGROUND

With more than 200 Point Service Mobile (PSM) locations across Europe, this marks the first foray into Canada.

the market in Canada.

"What we wanted to do is to make a name for ourselves in this business," said Botros, who recently finished training in France and Germany.

"These phones cost a thousand dollars now. It's very expensive to buy another one if your screen breaks. We wanted to provide a service that's convenient for customers and quick and efficient and professional."

The glossy white interior of the Ottawa store looks like a corner slab of an Apple store; the front desk is as clean and crisp as Botros' white lab coat.

"It's like a real clinic," he said, as his colleague Eric Zoreta worked behind the counter on a phone with anti-static gloves.

Unique to the Ottawa store is a case station where shoppers can put a custom touch on their cellphone case.

The plan is to open 60 stores across Canada in the next three years.

We wanted to provide a service that's convenient for customers and quick and efficient and professional.

Youseff Botros



Youseff Botros is launching a new chain of mobile phone restoration shops, with the belief that North America's smartphone business is shifting from sales to services. JOE LOFARO/METRO

PM's ex-aide on criminal trial

COURT

Carson charged with influence-peddling, illegal lobbying

The federal Conservative election campaign will face yet another legal distraction Monday as the criminal trial of a former top aide to Prime Minister Stephen Harper begins.

Bruce Carson is set to appear in an Ottawa court on an influence-peddling charge in connection with the proposed sale of water-filtration systems to aboriginal reserves.

The former senior adviser to Harper is also accused of three counts of illegal lobbying, charges which are expected to be dealt with at a later date, likely early next year.

The Carson case follows on the heels of the trial of Sen. Mike Duffy, which forced the Tories off of their campaign message over a two-week period in August.

It's the latest in a string of accusations that have been aired against Conservatives and Harper appointees, including the jailing



Bruce Carson is charged with breaking rules in connection to the proposed sale of water-filtration systems to First Nations communities. SEAN KILPATRICK/THE CANADIAN PRESS FILE

of Harper's former parliamentary secretary Dean Del Mastro for election fraud. Del Mastro is appealing his conviction.

In Carson's case, the Tories have pointed out the allegations against him came to light after he had left the Prime Minister's Office.

Carson has denied doing anything illegal and has pleaded

not guilty to all charges. None of the allegations against him have been proven in court.

His lawyer, Patrick McCann, says the trial, which was previously delayed as Carson dealt with some personal health issues, has been trimmed to a single day, down from an originally planned six days.

Those transcripts are in the

hands of the judge, said McCann, who predicted the case won't draw the same kind of media attention that was attracted by the Duffy trial.

The influence-peddling charge against Carson is related to his work with a company that employed his girlfriend, which was hoping to sell water purification equipment to First

Nation communities.

He is alleged to have directed that 20 per cent of any revenue gained through the sale of the water-filtration systems go to his then-fiancée, Michele McPherson.

It was Harper's office that first called in the RCMP after the Aboriginal Peoples Television Network reported that Carson had allegedly been lobbying Aboriginal Affairs and Northern Development Canada and the then-minister's office on behalf of the now-bankrupt Ottawa-based H2O Water Professionals.

Revelations that subsequently emerged about Carson, including his criminal record and disbarment by the Law Society of Upper Canada — which he disclosed when he was hired by the Prime Minister's Office — prompted opposition questions about whether the PMO was conducting adequate security screening of its staff.

Carson had worked in politics for decades and was one of the more experienced hands in Harper's government when it came to power in 2006. Carson had also worked for Harper as his policy and research director when the Conservatives were in opposition. THE CANADIAN PRESS

POLITICS

Harper pushes for low tax plan

Conservative Leader Stephen Harper hammered away at his two main rivals as he reiterated his plan to lower tax rates for small business at a campaign event Sunday in Ottawa.

Harper announced in April his government would lower the small business tax rate from 11 to nine per cent over the next four years.

He said it would provide \$2.7 billion in tax relief to nearly 700,000 small business owners.

Harper repeated that message Sunday morning in Stittsville, a community at the western end of Ottawa, where he attacked Liberal Leader Justin Trudeau and Tom Mulcair of the NDP over their positions on small business tax cuts.

Harper was scheduled to attend a rally in the Interior in B.C. later in the day.

THE CANADIAN PRESS

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Refugees dominate election

🍁 **ELECTION 2015**

Leaders crunch budget numbers but Syria crisis endures

Party leaders are attempting to shift the public's focus to domestic issues including taxation and health care, as another week of campaigning in the federal election begins.

But questions surrounding Canada's role in alleviating the refugee crisis in the Middle East continue to dominate headlines.

The Tories will be doing everything they can to cast light on their fiscal record while in office as the Finance Department unveils year-end figures for fiscal 2014-15, which could show that the government was on track to balance the budget.

Last month, the department reported a \$5-billion surplus for



NDP leader Tom Mulcair speaks during a campaign stop at Spanish Banks Beach Park in Vancouver, on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

the April-June quarter, though Harper's opponents said that data was not up to date.

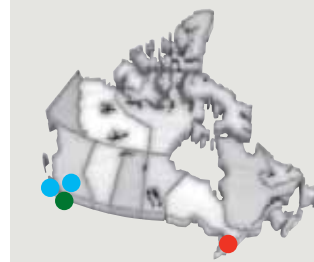
Harper repeated his party's

pledge to lower small business tax rates during a campaign stop in Ottawa's west end Sunday, where he attacked the

Liberals and New Democrats over their proposed tax plans.

While campaigning in Vancouver, where his party hopes

🍁 WHERE THE LEADERS ARE MONDAY



• **Stephen Harper** will be in Kamloops and Burnaby, B.C.

• **Justin Trudeau** will be in Toronto.

• **Elizabeth May** will be in North Saanich, B.C.

Tom Mulcair's itinerary was unavailable.

to make gains on Oct. 19, the NDP's Tom Mulcair announced that a government under his leadership would spend \$1.8 billion over four years bolstering health care for seniors.

The NDP is hoping to frame week seven of the 11-week campaign around health ahead of the next leader's debate on Thursday in Calgary.

But it was Mulcair's promise to help Syrian refugees that had some of his party's supporters calling for even greater

action.

Many New Democrats are urging their party to increase its election commitment to resettle 46,000 people over four years to as high as 100,000.

An emotional debate over how best to help some of the four million refugees who have fled fighting in Syria was fuelled earlier this month by the images of a dead three-year-old boy from Syria washing up on a Turkish beach.

THE CANADIAN PRESS

MARIJUANA

Pot producers hope election leads to end of prohibition

Medical marijuana producers are bracing for the possibility that Canadians could elect a new government this fall — a change that could accelerate the already breakneck pace of growth in the burgeoning industry and usher in new players such as tobacco companies and pharmacy chains.

"This whole election's very interesting," said Bruce Linton, the CEO and chairman of Tweed Marijuana Inc. "When you have a business that has the potential to see quite a lot of acceleration because of outcomes, you watch it more

“

We have the most anti-weed party in power right now.

Khurram Malik

carefully.”

Liberal leader Justin Trudeau has long promised to legalize and regulate marijuana if elected, while NDP leader Tom Mulcair has said his party would decriminalize the drug immediately upon forming government.

Khurram Malik, an analyst at Jacob Securities, says the election of either the Liberals or the NDP could lead to less red tape for licensed medical marijuana producers.

"We have the most anti-weed party in power right now," Malik said. "Any other party that wins is a lot more friendly to marijuana than this one, so things will get done a little more efficiently and openly, so people can actually plan their businesses in a more reasonable and logical manner."

THE CANADIAN PRESS

IN BRIEF

Feds investigate beluga whale riders

The federal Fisheries Department is investigating reports that people in eastern Newfoundland have been trying to lasso and ride a beluga whale that has been frequenting the area around Grates Cove.

The white whale has been attracting a great deal of attention in recent weeks.

THE CANADIAN PRESS

Quebec bar president suspension settled

Lawyers say the Quebec Bar association and its president have reached a settlement agreement in the court battle over her suspension.

Lawyers for Lu Chan Khuong did not disclose details of the agreement, but said both parties would issue a joint statement on Tuesday.

Khuong was suspended July 1 after it was revealed in the media she had been the subject of a shoplifting complaint in April 2014 at a clothing store.

She was never charged in connection with the incident, and the matter was dealt with non-judicially at the time.

THE CANADIAN PRESS

SOVEREIGNTY

Pro-Trudeau Chrétien comes out swinging

Liberal Leader Justin Trudeau enlisted the support of former prime minister Jean Chrétien on Sunday to brush up his economic bonafides and accuse the NDP of wanting to make it easier to break up the country.

Both Trudeau and Chrétien told a rally Sunday in Hamilton that an NDP government would repeal the Clarity Act, which says any referendum requires a clear question and clear majority for separation.

Trudeau said NDP Leader Tom Mulcair believes a single vote — 50 per cent plus one — should decide whether Canada remains united, thereby resurrecting the ghost of a divided Canada not seen since the 1995 vote on Quebec secession.

"The divisions that referendum (sewed) and the pain that it caused Canadians must not be repeated," said Trudeau, standing alongside

Chrétien.

"Mulcair? He wants to roll the dice. He wants to put separation back on the table and turn the clock back 20 years, which means all of Thomas Mulcair's experience in politics has simply taught

him one thing: to play politics with anything and everything, including the unity of this country, to gain a few votes from separatists."

Mulcair has dismissed such criticism, saying he has fought for a

united Canada his whole life but that the Clarity Act doesn't spell out what constitutes a majority. He recently said the Clarity Act is not a high priority for him and challenged Trudeau to say what his threshold for separation would be.

Trudeau wouldn't say what would constitute a "clear majority" when asked by reporters Sunday.

THE CANADIAN PRESS

“

(Mulcair) wants to roll the dice. He wants to put separation back on the table and turn the clock back 20 years.

Justin Trudeau

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IN BRIEF

Scots might vote again on independence: SNP

The Scottish National Party (SNP) will set out the time-scale for another possible referendum on independence in its upcoming manifesto.

First Minister Nicola Sturgeon says the manifesto will include more details about how another vote may be "appropriate."

She stressed it was up to Scots to decide to have another vote, and she will only hold one if she thinks it would be successful.

THE ASSOCIATED PRESS

Strong quake, no damage

A strong earthquake shook communities along the Gulf of California on Sunday, but there were no immediate reports of damage.

The U.S. Geological Survey said the magnitude 6.6 quake struck at 1:14 a.m. local time at a depth of 10 kilometres (six miles). The offshore epicentre was 48 miles (79 kilometres) south-southwest of Los Mochis.

It was preceded by two other earthquakes of magnitude 4.9 and 5.3.

THE ASSOCIATED PRESS



Sohrab Naveed, 1, whose family comes from Kabul, Afghanistan, is held by his mother while waiting with others to board a bus after crossing the Serbian-Hungarian border on Sunday.

MUHAMMAD MUHEISEN/THE ASSOCIATED PRESS

Boat capsizes, at least 28 die

EUROPE

Hungary sets new record for asylum seekers crossing border

At least 28 people seeking a better life in Europe drowned Sunday as they attempted a wind-swept sea crossing from Turkey to Greece, while a record number of asylum seekers reached Hungary's border with Serbia just two days before the government vows to make it more difficult to cross.

Greece's coast guard said the 28, including four infants and 10 older children, died when their wooden boat containing more than 125 people capsized near Farmakonissi. The island lies midway between Samos and Kos, two of the favoured targets for smugglers sending thousands of people daily to the Greek islands.

Officials said 68 others were rescued while 30 more swam to the barely populated island. Coast guard officials said the boat may have been toppled in part because of wind gusts exceeding 50 kph (30 mph).

Sunday's tragedy came just a day after two other boats capsized and at least five people — four children and a 20-year-old man — were presumed drowned. The coast guard said they are still searching for those bodies.

In Hungary, army engineers crowned the top of the planned 174-kilometre (109-mile) border fence with razor wire as the government warned, from Tuesday onward, any asylum seekers caught breaking through the barrier would be arrested and charged.

Police said 4,330 were spotted crossing in the previous 24 hours, more than 700 higher than the previous one-day record, as trekkers strove to reach Hungary before the tougher

175K

This year, more than 175,000 people have passed into Hungary from Serbia, headed to Western Europe.

security measures take effect.

This year, more than 175,000 have passed through Hungary from Serbia en route to Western Europe, and the government of Prime Minister Viktor Orbán says it's determined to make Hungary a more difficult challenge, with deployments of troops and potential prison terms part of the deterrent.

Hungary's lawmakers have not voted yet on whether to back government plans to deploy more than 3,000 troops in support of border police, but dozens of soldiers already were patrolling the fence Sunday.

THE ASSOCIATED PRESS

NEW DELHI

Man sought after deadly blast

Police in central India were looking Sunday for a man blamed for a massive explosion at a restaurant that killed 90 people, as angry residents protested the handling of the case.

A cooking gas cylinder exploded at the restaurant Saturday morning, triggering a second blast of mine detonators stored next to the establishment, located in the town of Petlawad in Madhya Pradesh state.

The state's top elected official, Chief Minister Shivraj Singh Chouhan, faced about 50 angry

protesters when he visited the site. The protesters, shouting slogans and waving black flags, forced Chouhan to step out of his car and listen to their complaints against local authorities.

Police officer Kamlesh Bamaniya said the protesters were angry Petlawad police had failed to arrest Rajendra Kashawa, a contractor who was accused of illegally storing the detonators.

Bamaniya said Saturday that Kashawa had died in the explosions. But on Sunday, he said police had information he was

absconding. Police have filed a case of criminal negligence against Kashawa and are looking for him, Bamaniya said.

Kashawa had been given a license to purchase detonators for his business of digging wells, but had stored the detonators illegally in a room adjacent to the restaurant, Bamaniya said.

The restaurant, next to a major bus station, was crowded.

The building where the restaurant was located and an adjacent one were destroyed in the explosion. THE ASSOCIATED PRESS

CRIME

Gem of a plot foiled by doctor

The good news for the Chinese visitor to Bangkok was that a doctor had successfully removed a foreign object from her large intestine that could have harmed her.

The bad news: It was a 10-million-baht (\$278,000 US) diamond the woman was accused of stealing from a jewelry fair, adding a piece of rock-hard evidence to the case against her.

Police Col. Mana Tienmaungpak said Sunday that authorities got to the bottom of the theft when a doctor wielding

a colonoscope and the medical equivalent of pliers pulled the six-carat gemstone from the large intestine of the woman after nature and laxatives failed to get it out.

The woman and a Chinese man were arrested Thursday night at Bangkok's Suvarnabhumi Airport on their way out of Thailand on the basis of surveillance video from the fair just outside Bangkok, where earlier that day the duo allegedly switched a fake stone for the real one after asking

to inspect it. The dealer at the booth selling the diamond also identified the two.

The suspects initially denied involvement, but X-rays showed a diamond-like object in the woman's intestine, and police said she then confessed.

Mana, the chief investigator for the case, said the woman agreed to Sunday's delicate operation after being told that the gemstone risked injuring her. The diamond's owner identified the stone after it was removed. THE ASSOCIATED PRESS



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Palestinians chant slogans during a demonstration in the old city on Sunday. TSAFRIR ABAYOV/THE ASSOCIATED PRESS

Protesters occupy site

JERUSALEM

Clashes close Al-Aqsa Mosque for three hours

Israeli police briefly clashed with Palestinian protesters at Jerusalem's most sensitive holy site early Sunday, raising tensions in the holy city ahead of the Jewish New Year.

Police spokesman Micky Rosenfeld said forces moved into the Al-Aqsa Mosque compound at around 7 a.m. Sunday after police received reports that protesters were planning to disrupt visits to the area by Jewish worshippers and tourists.

He said the protesters barricaded themselves inside the mosque and threw rocks and firecrackers at police. He said police did not enter the mosque, but removed barricades around the building.

Suspected pipe bombs were found at the entrance to the mosque, police spokeswoman Luba Samri said.

Police released video showing lit firecrackers and other objects thrown by Palestinians inside the mosque at the officers on the outside with some firecrackers exploding within the holy site. There were no reports of arrests or injuries. The site was closed for three hours during the standoff but then re-opened for visitors.

The site is a frequent flashpoint of violence.

Abdelazem Salhab, an official with the Waqf, the Islamic body that runs the site, accused police of causing "wide damage" inside the mosque.

"They crashed many windows and damaged many carpets," he said.

Police said they did not enter the site, and that any damage was caused by fireworks ignited by Palestinian protesters inside.

THE ASSOCIATED PRESS

SYRIA

Russia expanding key airport: Group

Russian forces are expanding the tarmac of a major airport in Syria's coastal province of Latakia, a stronghold of President Bashar Assad and his minority sect, a prominent Syrian monitoring group said Sunday.

The report comes amid rising concern among U.S. officials of increased Russian military activity in Syria. President Barack Obama cast the build-up as an effort to prop up the country's embattled leader.

Russia, a longtime backer of Syria's government, denies it's trying to bolster Assad and says its increased military activity is part of the international effort to defeat the Islamic State of Iraq and Levant (ISIL). On Sunday, the Russian foreign minister called for the international community to include the Syrian government in efforts to fight ISIL.

A former Lebanese general said last week that there are

plans to build a military base in the coastal town of Jableh, about 25 kilometres south of Latakia city, where the airport currently under development is located. Israeli officials also say the aim appears to be a military base. The airport, known by its old name Hemeimeem, already houses a military base and has come under shelling from advancing militants in the countryside.

THE ASSOCIATED PRESS

+ NAMING

Named for Assad's brother

The Basel al-Assad International airport, named after the president's brother who died in a car crash in 1994, is the most important functioning government-controlled airport in Syria after the Damascus airport.

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NFL makes big data play

TECHNOLOGY

Tracking chips will provide coaches with real-time info

It won't just be bodies crunching on the NFL gridiron this season: teams and coaches will be getting data from every player with new technology unveiled on Friday.

Zebra Technologies, an Illinois firm known for barcode readers and inventory tracking, announced an agreement to install location-tracking sensors in the shoulder pads of NFL players. The tracking chips will provide data to coaches and players, as well as to armchair quarterbacks, to help analyze performance and what is going right and wrong on the field.

"These location-tracking devices from Zebra Technologies will provide real-time statistics for every movement of every player on every inch of the field in every NFL game this season," the company said in a statement.



Sensors in the shoulder pads of players will transmit details to team officials and armchair quarterbacks alike, to help analyze what is going right and wrong. TIMOTHY A. CLARY/AFP

The systems rely on RFID or radio frequency identification technology, similar to what is used by manufacturers and retailers to track the location of merchandise and manage inventory.

Zebra installed RFID receivers

in all 31 stadiums used by the NFL.

These receivers are pinged by coin-sized tracking sensors on each player to identify the location, motion, and direction of every player throughout a game.

"These sensor tags can blink up to 85 times per second and transmit motion within 120 milliseconds," the statement said.

"If a quarterback is being tightly pressured, the solution will tell the story of exactly

"If a quarterback is being tightly pressured, the solution will tell the story of exactly when and where."

Zebra Technologies

when and where."

Zebra, which tested the system last season in 18 stadiums, said the technology "is giving the NFL more of this intelligence and insight into their game than ever before, including player distance travelled, maximum and average speeds, and accelerations and decelerations."

Fans watching on television will also have access to the data with live broadcast graphics.

The season for the most popular U.S. sport opened Thursday with a 28-21 win by the Super Bowl champion New England Patriots over the Pittsburgh Steelers.

AFP

EURO CURRENCY GROUP

No new terms for Greece

The head of the euro currency group of countries has ruled out any renegotiation of the massive loan program meant to save Greece's economy, a week ahead of general elections there.

Greeks go to the polls on Sept. 17 with former prime minister Alexis Tsipras seeking a stronger mandate to implement unpopular reforms needed to secure the 86 billion euros (\$97 billion US) rescue program.

Eurogroup chief Jeroen Dijsselbloem said Saturday that renegotiation is "not possible" regardless of who wins "so work must continue" on reforms required to secure the loans.

Speaking after chairing a meeting of the 19-nation currency bloc, he said that finance ministers had not discussed any debt relief for Greece.

The International Monetary Fund insists on Greek debt relief before taking part in any new bailout.

THE ASSOCIATED PRESS

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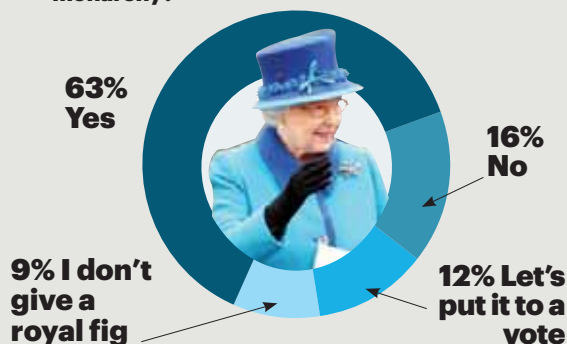
Metro MONDAY POLL

The Queen of controversies

Visit metronews.ca every Friday to have your say.

Send her victorious / Happy and glorious / Long to reign over us ... or not. Queen Elizabeth is now Britain's longest-ruling monarch, and Canada's too; breaking Queen Victoria's record of 63 years, seven months and two days on the throne. But while some Canadians can't wait for their favourite young royal couple to occupy Buckingham Palace, others would prefer to ditch the monarchy in favour of a U.S.-style republic — though making that happen would require the consent of all the provinces and could reopen the thorny constitutional debate. We asked our readers if they think the Crown is a royal pain, or if they're happy to see the Windsors reign.

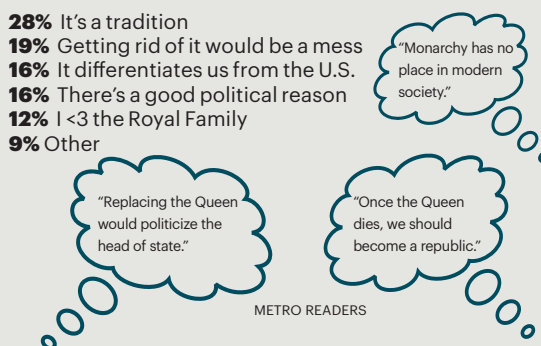
1 Do you want Canada to remain a constitutional monarchy?



2 What do you think will be the future of the Crown in Canada?



3 If you want to keep the monarchy, why?



OC Transpo's talent for overlooking the obvious

COLLINS' CAPITAL

Steve Collins



Transit riders contend with countless little surprises and uncertainties, whether it's a schedule that proves little better than a horoscope, or the latest scenic construction-related route change.

Last week's back-to-school backup at the reconfigured Hurdman Station, though, was an acute outbreak of the unexpected, with reported delays Tuesday morning of an hour or more.

Unforeseen difficulties come with the territory at OC Transpo, which did an admirable job of making adjustments in time for a comparatively smooth afternoon rush.

But just how unforeseen should the Hurdman hiccup have been in the first place? In June, just before the closure of the east-end Transitway and

the redirection of 120 buses an hour onto the Queensway, officials admitted the transition would be much easier over the summer, when traffic volumes are 15 to 20 per cent lower than the rest of the year.

They knew that the week following Labour Day was likely to be hairy, so, in retrospect, changing the layout at Hurdman just beforehand looks like a rather predictable source of unpredictability.

The unexpected has similarly taken its toll on the agency's financial plans in the first half of the year.

On top of an expected \$41.1-million citywide shortfall, leaks have sprung in the budget OC Transpo of \$11.5 million.

A report that lands with the transit commission this week blames the "variance" primarily on higher insurance and maintenance costs, as well as lower-than-expected revenue.

The majority of the overspend, \$6.7 million extra on maintenance so far, is being blamed in part on warranties having run out on the articulated buses the city purchased between 2008 and 2010, leaving us to cover the bills. The expiration of warranties this year should not have come as an unbudgeted surprise.

And then there's ridership, another shocker that probably shouldn't have been. This year's budget assumed the buses would be fuller by another half million rides, but the numbers were unchanged from the same period last year at 49 million.

The surprise there isn't that the extra people didn't show up, but that OC Transpo was expecting them to, after three years of steady ridership declines. Over this period, they've repeatedly emphasized the effect of job losses in the public sector as the number one ridership killer. The

feds still aren't exactly on a hiring spree, so where was the expected increase in business to come from?

On the bright side, revenue is expected to improve slightly over the remainder of the year — as well it should. Fares went up 2.5 per cent, an increase that came into effect July 1. (Not everything in the transit biz, after all, is unpredictable.)

Few plans survive contact with reality unscathed, but with transit, the library and the city writ large all now running in the red, it seems possible that the pressure to meet those ever-tightening tax caps (two per cent or bust this year) has let some wishful thinking creep into our budget numbers.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

ROSEMARY WESTWOOD

metroview

The taboo against saying you were raped is dwindling

Early this year, a friend worried rape would — post-Jian Ghomeshi — disappear from the news, and be forgotten.

I disagree. It may not make headlines every day, but we've crossed a threshold into a world where a young woman like Aspen Matis not only feels bold enough to write a memoir revealing her own rape on the second day of college, but a world where we're keen to listen. Whatever taboo exists around saying you were raped is dwindling, and it should taper further with this book.

"I found it really cathartic and empowering to be able to take something so terrible that happened in my life, and turn it into art, and process it, and turn it into something beautiful — hopefully beautiful — that could be of use in the world," Matis told me.

Now 25, she was 19 when she was assaulted in her own dorm room by a fellow student. Nineteen, too, when she began hiking the 4,286-kilometre Pacific Crest Trail, a sojourn she recounts in her book, *Girl in the Woods*, which is being released tomorrow.

Part adventure memoir, part rape memoir — the latter having all but become its own genre, as more women decide to recount the breadth and scope of a single rape.

There are snow and mountains, food dwindling to a few cashews, life-or-death moments. There is the spectre

of the rape. But looming over both is a woman's desperate search for her independence.

Matis grew up dependent on her mother. The rape, she told me, felt like a confirmation that she really was incapable for caring for herself. Then, her parents didn't want to talk about it. Her campus' response was woefully inadequate. The rape became a secret that weighed like a cramp, a "dark pearl in your gut." She first published an essay about the rape in the *New York Times* in 2012, and it helped shrink her guilt. The book has gone further.

"The shame is not on me, that's misplaced shame," she said. "Shame on him."

Written in full exposure of her own weaknesses, with stream-of-consciousness narration, the book explores the struggle for self-love that we all go through, but that becomes, for a rape victim, essential.

"The rape was not the end of my life, it was the beginning of something bigger. That was a really exciting discovery," she told me.

Matis said she hopes the book helps other rape survivors find their voices, in whatever way they can, and add to this new culture of transparency around sexual assault.

"You are never the only one," Matis said. Proof the frank talk of rape is here it stay.

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Are we ready to be Martians?

SCIENCE FACT

NASA's adviser for The Martian on reaching the Red Planet

Ned Ehrbar
Metro | TIFF



The Martian offers a tantalizing — if harrowing — glimpse into what the future of space exploration holds, but how close are we really to commencing manned missions to the red planet?

NASA's planetary science division director Jim Green, who served as a technical adviser on the film, lays out what it will really take for us to get our asses to Mars.

Getting to Mars:

"What you probably aren't really aware of is we're developing a whole series of technologies, not only from the technology organization at NASA but the Science Organization and Human Exploration Organization. They each have various aspects of the journey to Mars, to be able to meet at the end and make something happen in the 2030s and 2040s," Green says.

"For instance, Human Exploration is building the SLS, the space launch system, which is even more capable than the Saturn 5. That will get, with the Orion capsule, the astronauts to Mars. In addition to that, from a scientific perspective,



We are still long away from getting marooned on Mars, like Matt Damon does in *The Martian*. CONTRIBUTED

we have a whole variety of missions to Mars, and we're going to continue to do that over the next couple of decades. With those missions, we look at various areas that would support habitats and what we would do in living and working on Mars. And so we're really moving ahead in finding out everything we can about Mars that would support human exploration in addition to understanding Mars as a terrestrial planet.

"And then in the technology area they're building the ion engines. They're building these

25-kilowatt ion engines that will haul tens of tons of material back and forth to Mars. And a lot of that technology is being built right now but you're just not aware of it. But that's where we're going. We're going to Mars. We're at the stage where Mars actually is our next step."

But these things take time:

"History repeats itself in many ways, and there was a hiatus between the time we stood down on the Saturn 5s and actually when we got the shuttle going," Green explains.



We're going to Mars. We're at the stage where Mars is actually our next step.

NASA planetary science division director Jim Green

"And it's because NASA has a certain budget and it has a certain phasing that has to go on, and you have to be able to retire something to be able to

free up the additional money to be able to invest in and build and complete the next set of things that you're doing, and that's true with SLS."

But we still love the moon, don't worry:

"The moon, as an important part of our solar system and our Earth, is really a staging ground. It's an area where we're going to approve a variety of technologies before we go to Mars," Green says.

"It will probably be an area where we're going to go back and forth to Mars and we'll have a small weigh station, if you will, at the moon. So the moon will still play a very important part of our steps. So it's not like we're going to ignore it."

TIFF PROGRAM

Wavelengths a boundary-breaking film

While many associate the Toronto International Film Festival with glamour, it's also about pushing the boundaries of filmmaking. TIFF's Wavelengths program, featuring 54 works this year, is a unique buffet of experimental and category-defying works.

The 2015 edition features a mix of well-known filmmakers, award-winning artists and emerging new talent. Curated by Andréa Picard, with contributions from members of the fest's international programming team, this year's Wavelengths

features a record number of Canadian contributions.

"Wavelengths is committed to radicalism and risk-taking," says Picard. "Those terms can sound glib in today's world, but within the context of a big festival, the films in Wavelengths provide a critical alternative to traditional cinema in their aesthetics, stylistic approaches and often in their subject matter."

Highlights include the North American premiere of Portuguese director Miguel Gomes' sprawling *Arabian Nights*, which was a huge hit at Cannes, as well

as *Eva Doesn't Sleep*, about the embalmed body of Argentinian First Lady Eva Perón, starring Gael García Bernal.

"That TIFF can host Hollywood stars and continue to grow its avant-garde program each year is encouraging," Picard says. "Where else could I find myself in a situation in which Uma Thurman stepped on my foot in killer heels just before I had to introduce a program of political, avant-garde short films to a full house in the next theatre?"

Picard says the Wavelengths series "hugely benefits" from

its position inside the bustling annual festival, "where a range of film is showcased and the conversation can be both specialized and expansive."

This year marks TIFF's first collaboration with the Art Gallery of Ontario, which is presenting the work of celebrated Thai filmmaker and artist Apichatpong Weerasethakul, as well as new material by Corin Sworn and Tony Romano. "There is increasing overlap between the film and art worlds, and Wavelengths actively engages in this dialogue."

CATHERINE KUSTANCZY/METRO



Arabian Nights is showing at TIFF as part of the Wavelengths program after winning over viewers at Cannes. CONTRIBUTED

5 MOVIES YOU WON'T BELIEVE ARE GETTING MADE

Just when you thought Hollywood reached its creative low point after making movies based on every video game, cartoon, toy and '80s TV show ever created (not to mention all those reboots), it turns out that blockbuster ideas can be even less inspired. Some mind-bogglingly ridiculous movies based on random pop-culture artifacts have been put into development. Here are five. **BRIAN GASPAREK/FOR METRO**



1 The Pez Movie

It was announced last week that an animated movie based on the chalky, fruit-flavoured, tablet candy Pez and its plastic dispensers is currently being developed by Envision Media Arts. Although we don't know exactly what the plot will entail, the studio promises the film will be a heart-warming story for the entire family. Right. Maybe we'll get a touching Gobstopper or Chuppa Chupp movie next.



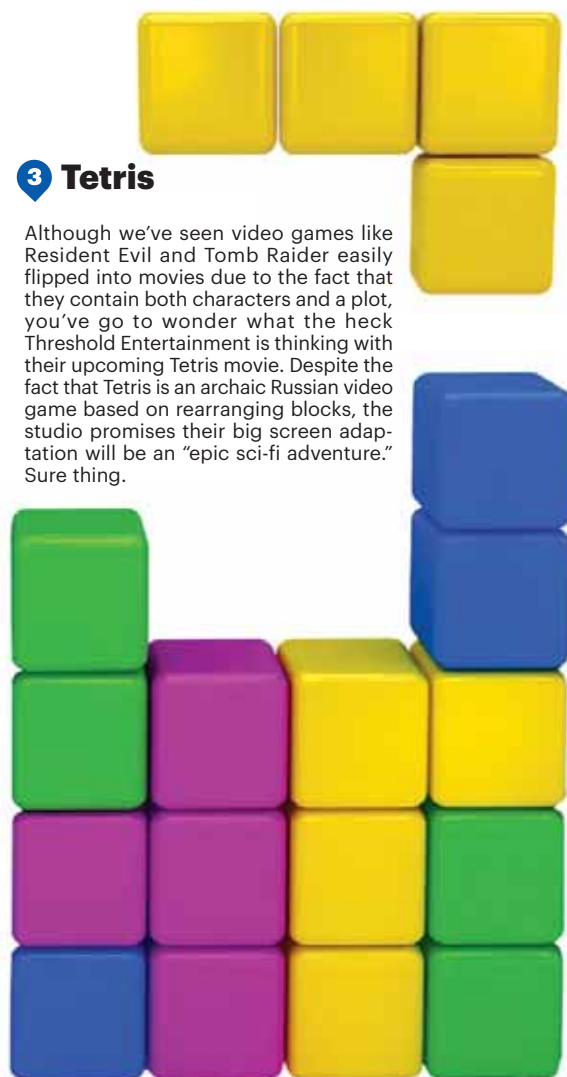
2 The Emoji Movie

Last month it was announced that Sony outbid Warner Bros. and Paramount to develop an Emoji movie. Yep, Sony is making a film about the collection of smiley faces that we download and use on our smartphones. Apparently it's the brainchild of the guy who directed Kung Fu Panda: Series of the Masters. If it will be anything like it sounds, the Smiling Poop Emoji should have a starring role.



3 Tetris

Although we've seen video games like Resident Evil and Tomb Raider easily flipped into movies due to the fact that they contain both characters and a plot, you've got to wonder what the heck Threshold Entertainment is thinking with their upcoming Tetris movie. Despite the fact that Tetris is an archaic Russian video game based on rearranging blocks, the studio promises their big screen adaptation will be an "epic sci-fi adventure." Sure thing.



4 Monopoly

Believe it or not, a Monopoly movie has been passed around between several studios over the years. At one point Ridley Scott was actually attached to direct it. Now Lionsgate is developing the Monopoly flick and they say it will be a family story about a boy from Baltic Avenue that "uses both Chance and Community in a quest to make his fortune, taking him on an adventure-filled journey." We're not kidding. Will Rich Uncle Pennybags be the villain?



5 Settlers of Catan

Board game inspired movies like Battleship and Clue may have ended up being stinky cinematic duds, but that couldn't possibly happen to a film based on a game that's as exhilarating as Settlers of Catan, right? Hmm. Earlier this year, Air Force One producer Gail Katz bought the rights to bring Catan to the big screen in the near future. She might want to get her writers to keep it very, very loosely based on the game ... unless her objective is to put people to sleep.

TIFF

Ben Foster took drugs for Armstrong film

Ben Foster was serious about getting into character to portray controversial cyclist Lance Armstrong in *The Program*.

So serious, that he decided to take performance enhancing drugs, just as Armstrong infamously did.

"The more that I researched, the more that I explored in this subject, the more I wanted to know. It's such a complex story, it's such a complex world," Foster said during an interview at The Toronto International Film Festival, where *The Program* had its premiere.

"Doping is not the reason why Lance Armstrong won but it did shape a culture at the time, and it certainly shaped him, and I wanted to understand — on a personal level, on a cellular level — what that experience is like."

Armstrong — once an American sporting hero, now a divisive figure — has been banned from cycling for life and had his seven Tour de France titles stripped after telling Oprah Winfrey in a 2013 interview that he used performance-enhancing drugs.

For Foster, playing Armstrong involved undergoing a "condensed" drug program under the supervision of his nutritionist and a wellness doctor.

"I took a calculated risk, with a doctor supervising, and what I came away with is that drugs work — they work," he said.

"You can just keep going. Coming off those drugs is the difficult part. That's where your health concerns will come in."

Foster was taking the drugs

during the filming of the movie — he didn't specify what substances he used — but his fellow actors and his director didn't know about it at the time.

"In a way I'm not surprised, he's a very immersive actor, very focused and committed," said Chris O'Dowd, who plays an Irish journalist who worked to bring Armstrong's doping into the spotlight.

"It hadn't struck me that he would, but of course that makes perfect sense."

THE CANADIAN PRESS



Ben Foster portrays Lance Armstrong in *The Program*.

THE CANADIAN PRESS

FINANCIAL FUTURE

Look at the hard facts, then put down a plan of action

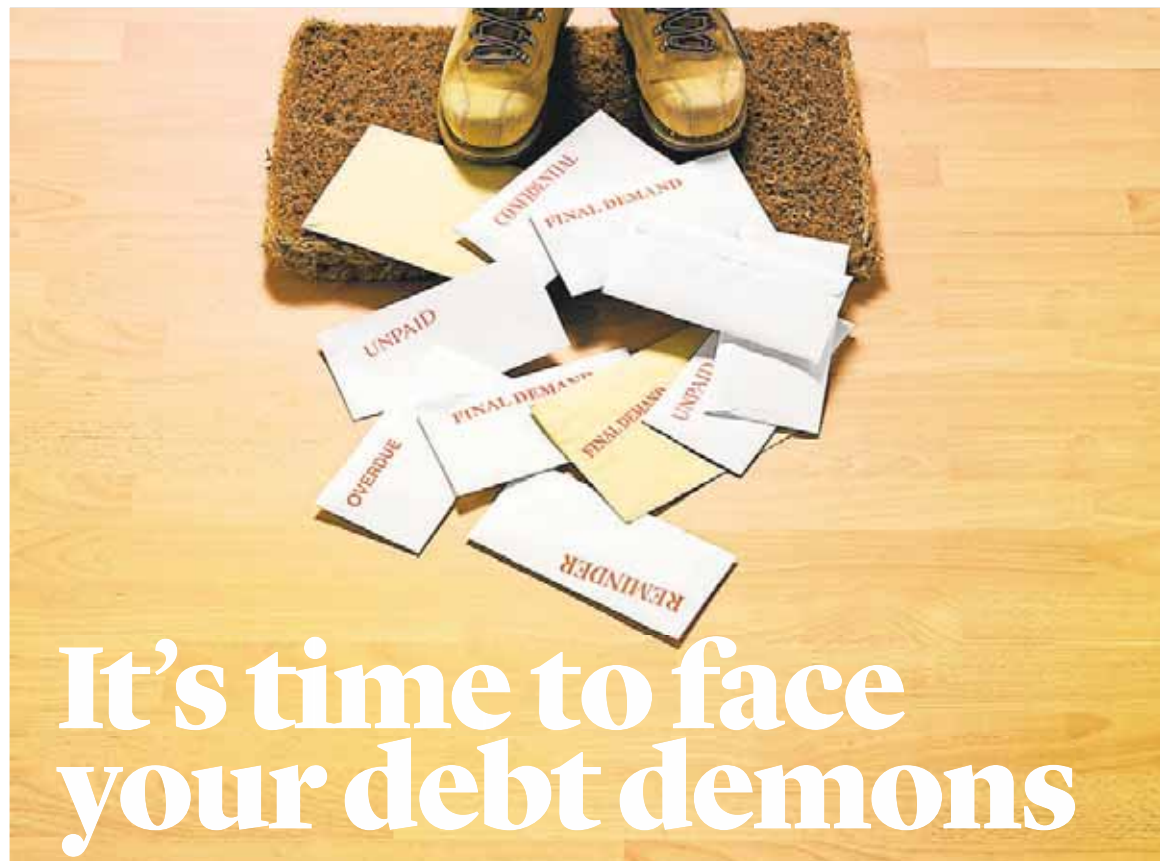
Gail Vaz-Oxlade
For Metro Canada



The biggest barrier people face in getting to debt-free forever is believing they can. After being in debt for a while, you might actually begin to believe debt is “normal.” And if your friends and family think debt is a way of life, you’re more likely to accept debt as part of your life. But it doesn’t have to be. You can be debt-free. And you must, if you want to have a healthy financial future.

It’s scary just how much debt we are carrying. With low interest rates and access to easy credit, Canadians now owe \$1.63 for every \$1 in income they earn. That’s an average. I have no debt, so someone’s carrying my share. And if you have no debt, someone is carrying your share too. It’s the people with debt — and consumer debt like lines of credit and credit cards are the worst — that are up to their eyes in alligators. According to the Bank of Canada back in March, about 1.5 million Canadians are extremely indebted.

Getting into debt is easy. Lose a job or watch as your hours are cut back at work and out come those credit cards. Using credit just seems like a natural option.



It's time to face your debt demons

Watch your car die on the highway or your furnace give up the ghost in the middle of winter and the idea of putting whatever you need on a credit card and carrying a balance takes a back seat to handling the big problem.

Whining about our debt has

become a national pastime. I get hundreds of letters every month from people who are deeply in debt and don’t know what to do. Each ends with a plea for me to help them. It’s almost as if people believe I have a magic wand that I can wave and make the debt go away.

There is no magic.

There’s the reality of facing up to the mess. There’s the hard work of making a plan and doing whatever it takes to make the plan work. And there’s the habit of living within your means.

First, you’re going to make a

list of your debt. (For the purposes of this exercise we’re leaving mortgages off the list.) Then you must figure out your minimum payments.

Next, figure out what your debt has been costing you (you’re gonna puke, so have a bucket close by). Calculate what

A NEW NORMAL

Focus on getting out of that hole

If you are so far in debt that indebtedness has come to feel like the norm, it’s not. Debt means no control, no way to bounce back from whatever pile of poop is reaching up to grab your foot. The sooner you move past “managing your debt” and becoming debt-free, the healthier you will be.

your repayments amount must be to actually get the hell out of debt. And, finally, snowball your payments to get to debt-free faster.

When you make your debt list, be sure to include the interest rate you’re paying on that debt, the total amount you owe and the minimum payment you’re required to make to keep your credit history healthy.

This list is going to help you prioritize where you’ll make your payments.

The next step is to add up what you owe. Until you come face-to-face with how much you owe in total, you’re not facing up to the mess you’ve made. If your stomach is churning, it means you’re healthy... you know you’ve made a mess.

We’re not done yet. There’s work still to be done. Take a breath. We’ll take the final steps next week.

For more money advice, visit Gail’s website at gailvazoxlade.com

PHD JOB SEARCH TIPS

Don’t lock yourself in an Ivory Tower

Thinking about getting a Ph.D? Most experts will tell you it’s a bad idea. The average doctoral student takes about eight years to complete her degree — if she finishes it at all. And even when they do, well, it’s no guarantee they’ll get a decent-paying job.

“Universities have stopped hiring tenure-track professors and have replaced them with adjuncts,” says Karen Kelsky, author of the new book *The Professor Is In: The Essential Guide to Turning Your Ph.D. Into a Job*. Those adjuncts receive what she calls “Wal-Mart wages.”

That’s why Kelsky — a former tenured professor and department head who has taught at the University of Oregon and the University of Illinois at Urbana-Champaign — started her blog, *The Professor Is In*. “My graduate students were desperate and scared about this job market yet weren’t getting the information they needed to deal with it.” Since then, she’s launched a consulting business, helping more than 4,000 clients get jobs.

We asked her for some of her tips.



PhD candidates may need to think outside the box when it comes to finding a job. ISTOCK

Don’t get obsessed with your thesis

Graduate school isn’t just about doing research: it’s also about getting a job. “Students forget that and get obsessed with their research project — which makes sense! — but you have to remember that people go to graduate school because they imagine they’re going to have a career at the end of it,” says Kelsky.

That means: start surveying the job market from Day 1 of school. “Look at the job ads and ask: ‘What kinds of jobs are avail-

able, what are employers looking for?” Kelsky suggests.

Think of your thesis as a means to a job

Still, your dissertation is very important, and having the right topic is key. “It should be timely and about something your field considers important or relevant,” says Kelsky.

Network

Sure, academics may not be known as social butterflies, but that doesn’t give them an excuse

to shut themselves in their Ivory Tower. They have to hustle. “Relationships are the core to hiring,” says Kelsky. “While you’re in school go to your field’s major national conference and present a paper at it. Later organize a panel at it. That’s how you network.”

Keep your options open

Just because you’re in graduate school doesn’t mean you have to go into academia. After all, Ph.D. candidates have many skills that are valued in all different kinds of job markets — from public speaking to statistics to writing on deadline.

“I understand that it can be very painful and difficult to let go of the identity of professor or academic because a Ph.D. takes so many years,” says Kelsky.

“But if you do it this whole world opens up to you and you see all the skills you have and all the directions you can go. So I encourage people to do that even while they’re in grad school before it’s forced on them by sort of a crisis situation.”

RAQUEL LANERI/METRO

TECH

Smartwatches leave opening for hackers

People who wear smartwatches and connected fitness gadgets can open the door to hackers who could gain access to their data by spying on them as they type, U.S. researchers say.

In a study released this week, University of Illinois researchers said they could use the motion sensors of a smartwatch to determine what users are writing on a keyboard.

The researchers created an application to track the minute motion of keystrokes as a wearer types. The data was fed into a “keystroke detection” program to analyze the timing of each movement and displacement of the watch.

For example, the left wrist moves farther to type the letter T than the letter F. By analyzing these movements, the researchers could often determine the words being typed.

“Sensor data from wearable

devices will clearly be a double-edged sword,” said Romit Roy Choudhury, a professor of electrical and computer engineering at Illinois.

“While the device’s contact to the human body will offer invaluable insights into human health and context, it will also make way for deeper violation into human privacy.”

The researchers said a camouflaged application installed on a smartwatch could enable hackers to gather data typed into emails, search queries or confidential documents.

A Samsung watch was used for the project, but the researchers said that any wearable device that uses motion sensors, such as the Apple Watch or Fitbit, could be vulnerable as well.

AFF



IN BRIEF

Yankees avoid four-game sweep at hands of Jays

Masahiro Tanaka pitched like the ace the Yankees needed him to be, allowing four hits over seven innings to lead New York over the Toronto Blue Jays 5-0 Sunday and stop his team's five-game losing streak.

Dustin Ackley homered and had three RBIs for the Yankees, who closed back within 3-1/2 games of the AL East-leading Blue Jays with 20 games left.

Toronto had won the first three games of the four-game series, but the Yankees sent R.A. Dickey (10-11) to his first loss since before the all-star break.

The Blue Jays and Yankees play three more times in Toronto from Sept. 21-23.

The Blue Jays said before the game that all-star shortstop Troy Tulowitzki will miss at least two weeks after cracking his left shoulder blade in a collision during the opener of Saturday's doubleheader.

THE ASSOCIATED PRESS

Moses Malone dead at 60

Moses Malone, a three-time NBA MVP and one of basketball's most ferocious rebounders, died Sunday. He was 60.

Det. Jeffrey Scott of the police department in Norfolk, Virginia, confirmed that Malone died in a Norfolk hotel room. He said there was no indication of foul play. Malone's body was discovered when he failed to report to a celebrity golf tournament in which he was scheduled to play.

Malone was part of the 76ers' 1983 NBA championship team, and the club said he will "forever be remembered as a genuine icon and pillar of the most storied era in the history of Philadelphia 76ers basketball." THE ASSOCIATED PRESS



Moses Malone

NBAE VIA GETTY IMAGES

Redblacks run over Lions



The Lions' Khream Smith, left, tackles Kienan Lafrance of the Redblacks in Vancouver on Sunday. DARRYL DYCK/THE CANADIAN PRESS

CFL

Jeremiah Johnson's pair of TDs lead Ottawa to win

Jeremiah Johnson rushed for two second-half touchdowns and Chris Milo kicked five field goals as the Ottawa Redblacks came back to beat the B.C. Lions 31-18 on Sunday.

Johnson ran in from two yards out in the third quarter and 12 yards in the fourth to help Ottawa overcome an 18-14 first-half deficit.

The Redblacks' (6-4) win moved them into a tie for second place in the East Division with the Toronto Argonauts. They also became the first Ottawa team to earn a win in Vancouver since Oct. 6, 1990. It was only the second win by an Ottawa club in the past 24 visits to Vancouver since 1974.

Ottawa's remaining points came on two converts from Mitlo and a safety conceded by B.C. punter Richie Leone.

Redblacks quarterback Henry Burris completed 26 of 37 passes for 317 yards. Despite throwing a touchdown, Lions QB John Beck struggled to get much going in his first CFL start in place of the injured Travis Lulay (knee) and tossed two interceptions at critical points. Beck completed 20 of

SUNDAY In Vancouver

31 **18**
REDBLACKS LIONS

29 passes for 207 yards.

Austin Collie, on a 14-yard reception, and third-string quarterback Greg McGhee on a one-yard plunge, scored touchdowns for B.C. (4-6). Leone added a pair of converts, including a CFL-record 48-yarder.

Beck, a 34-year-old former NFL journeyman, got off to a rough start as a holding penalty on a punt return forced the Lions to scrimmage from their 12-yard line.

On his first two plays, Beck overthrew Shawn Gore on a long pass and was sacked before Leone conceded a safety.

Despite trailing 11-0 early on, the Lions took an 18-14 lead into halftime.

Milo's fifth field goal of the game, from 48 yards midway through third quarter, brought the Redblacks within a point. Ottawa regained the lead for good late in the third on Johnson's two-yard touchdown and Milo's convert.

Antoine Pruneau's interception set up Johnson's second touchdown. With the Lions threatening late in the fourth, Jovon Johnson picked off a Beck pass in the Redblacks end zone.

THE CANADIAN PRESS

20
Beck became the 20th different quarterback to start a CFL game since 2013.

NFL

Rams stuff Lynch, Seahawks in overtime

Needing a yard again, Seattle handed off to Marshawn Lynch this time. It still didn't work.

The Rams stopped the running back short on 4th-and-1, making Greg Zuerlein's 37-yard field goal in overtime decisive in a 34-31 victory Sunday.

St. Louis survived an 18-point fourth-quarter rally by the Seahawks, who famously passed from the 1 in last February's Super Bowl and were intercepted by New England to lose.

Down 31-24 with 53 seconds left, the Rams tied the game after Seahawks defensive back

Dion Bailey stumbled on Lance Kendricks' 37-yard touchdown catch. Cary Williams' strip of Nick Foles and eight-yard return had put Seattle up by a touchdown.

The Seahawks opened overtime with an onside kick; Bradley Marquez caught Steven Hauschka's popped-up attempt. Officials ruled the ball was kicked directly in the air, so Marquez was OK to signal for a fair catch. Foles hit Steadman Bailey for a 22-yard catch for the key gain to set up Zuerlein's kick.

THE ASSOCIATED PRESS



Rams quarterback Nick Foles scores a touchdown past Seahawks linebacker Bobby Wagner on Sunday in St. Louis.

TOM GANNAM/THE ASSOCIATED PRESS

+ MORE SCORES

Broncos ground Ravens

Denver safety Darian Stewart intercepted a pass intended for Baltimore Ravens tight end Crockett Gillmore in the end zone with 28 seconds left to seal a 19-13 Broncos win.

Mariota bests Winston

Marcus Mariota threw four touchdown passes and outplayed No. 1 overall draft pick Jameis Winston to lead the Tennessee Titans to a 42-14 season-opening victory over the Tampa Bay Buccaneers.

RECIPE Golden Beet, Fig and Arugula Salad



EAT LIGHT AT HOME

Rose Reisman

rosereisman.com

@rosereisman



I love using golden or orange beets because they are more tender and sweeter than the red beet, and won't leave the red pigment colour on the other foods they come in contact with. The combination of these beets, arugula and maple dressing is outstanding.

Ready in

Prep time: 15 minutes

Ingredients

- 3 cups packed arugula
- 2 large yellow beets, peeled, either spiralized or shredded
- 1/2 small red bell pepper, julienned (sliced thinly)
- 4 fresh figs, cut into quarters
- 3 Tbsp sunflower seeds

- 2 Tbsp olive oil
- 4 tsp maple syrup
- 2 tsp lemon juice
- 2 tsp apple cider vinegar
- 1/2 tsp Dijon mustard
- 1/2 tsp minced garlic
- Salt and pepper

Directions

1. Place arugula and beets on serving platter. Add bell pepper, figs and sunflower seeds.
2. Dressing: Combine all ingredients and pour over salad.

Nutrition per serving (recipe serves 4)

- Calories 170
- Protein 3 g
- Carbohydrates 21 g
- Fibre 4 g
- Total fat 9 g
- Saturated fat 1.5 g
- Cholesterol 0 mg
- Sodium 50 mg

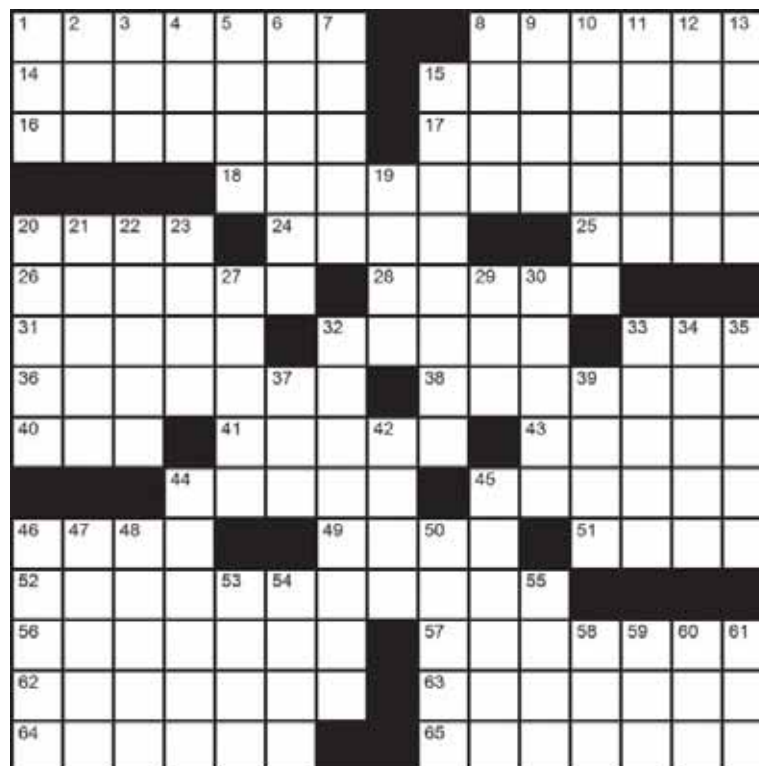
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Paper-folding art
8. Symbol for the restaurant at #19-Down
14. "Titanic" (1997) director James
15. Decathlete's spear
16. Clap
17. Most level
18. Endangered predatory fish, Atlantic
20. Design
24. "I will be _ to pleading and excuses." - Prince in Shakespeare's Romeo and Juliet, Act III, Scene 1
25. Letters before ://www
26. Tedious listing of things
28. Cursed
31. Extreme
32. Gaze and gaze
33. Track circuit
36. Become less taut
38. Crisscrossed upper portion along a backyard fence
40. Name of one of '60s U.S. President Johnson's pet beagles
41. Web letter
43. Sounds off
44. Inference
45. Geological formation in the Alberta badlands that's pillar-shaped with a flat top
46. Wing-shaped
49. Military cap
51. Lacking
52. Reflection:



- 2 wds.
56. What leftovers are initially
57. Bamboozled
62. Venue's humans-in-chairs capacity
63. Wind-powered electricity maker
64. Intertwine
65. Letter be-

fore Zeta

DOWN

1. Mozart opera, L' _ del Cairo
2. Music style
3. Pixie
4. Collective
5. Dubai, United

_ Emirates

6. Like furry food
7. Soon, _ time
8. Rikki-Tikki- _
9. Pizzeria need
10. Creme de _ (Grasshopper cocktail ingredient)
11. Language of Alaska

12. Ain't, posh-style

13. Available for pouring: 2 wds.
15. Canadian photographer whose works are part of the Vancouver Art Gallery's permanent collection: 2 wds.
19. _ Side Mario's (Canadian restaur-

- rant chain)
20. Lavish
21. City in northern France
22. Petal product in perfumery
23. Drug deal buster, commonly
27. Free from fashions of any sort
29. "...man _ mouse?"
30. 1980s styles, now
32. In-between-meals activity
33. Ms. Hamilton (Actress who was married to the Canadian at #14-Across)
34. 'A Heritage in Leather' community in southwestern Ontario
35. Monetary units in Mexico
37. Down Under bird
39. New Mexico art colony
42. Particular
44. Printers' mistakes
45. Elevated: 2 wds.
46. Charm
47. _ closet (Hallway spot)
48. "He's _ Nowhere Man..." - The Beatles
50. Sticky stuff
53. Ear-related
54. Ms. Russo of movies
55. Corn units
58. "The X-Files" org.
59. Tuesday's partner (1980s band)
60. Antacid brand
61. Lair

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The final piece of a puzzle will fall into place over the next two or three days. Once you can see the entire picture you'll know why it took so long to make sense of it.

Taurus April 21 - May 21
Something you say may confuse other people. Try to see things from their point of view, then explain using plain and simple language.

Gemini May 22 - June 21
You may have to devote the daylight hours to work-related matters but once the Sun goes down your thoughts will be on having fun. As far as romance is concerned a secret crush you have is unlikely to stay secret much longer.

Cancer June 22 - July 23
You should follow a course you have navigated profitably before rather than set out in a new direction. Despite what some may say, there is no need for any type of major change.

Leo July 24 - Aug. 23
You can sense that something is wrong and you know better than to ignore your instincts. Take the initiative and act immediately on your suspicions.

Virgo Aug. 24 - Sept. 23
You may not understand how your mind has arrived at a certain conclusion but deep down you know it is the right one for you. It may seem a bit silly at the present but it will soon make perfect sense.

Libra Sept. 24 - Oct. 23
Try not to criticize yourself for no reason. In fact, try not to criticize yourself even if there is a reason. If you made a mistake, learn from it quickly and move on.

Scorpio Oct. 24 - Nov. 22
Think positively about what you are required to do by people in positions of authority. It may not be what you want to do but don't start a battle you cannot possibly win.

Sagittarius Nov. 23 - Dec. 21
You know a good thing when you see it and what you see today will get your mind racing. How can you make it work for you? How can you make it pay? It's not selfish to think that way — it's just common sense.

Capricorn Dec. 22 - Jan. 20
Why are you worrying for no good reason? The planets indicate that nothing will happen without your agreement and your say-so.

Aquarius Jan. 21 - Feb. 19
Try not to be too judgmental of people whose beliefs and lifestyles differ from your own. Yes, maybe the world would be a better place if everyone was just like you but that isn't going to happen, so get over it.

Pisces Feb. 20 - March 20
You need to resolve a dispute with a loved one or work colleague now. If you let the situation fester for even one more day it may move beyond the point where it is easily rescued. Say sorry, and move on.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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